

South Dakota State Plan for Nutrition and Physical Activity

To Prevent Obesity
and Chronic Diseases

2007 UPDATE



Summary of Key Activities since December 2006

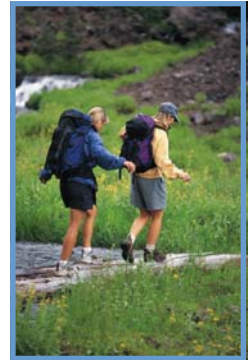


Year at a Glance

Burden of Overweight and Obesity

At the close of 2007, the prevalence of overweight and obesity showed an increase throughout the nation and in South Dakota adults. However data showed a slight decline in both the overweight and obese categories in South Dakota school students.

The 2006 South Dakota (SD) BRFSS (Behavioral Risk Factor Surveillance System) reported that adults between the ages of 45-54 saw a considerable increase in the percentage of overweight and obese. The prevalence of overweight or obesity increases as age increases until the 55-64 age group is reached, at which time the prevalence decreases as age increases. The overall percentage of overweight adults increased again to 64.2% whereas the national average is 61.8%, an increase from 61.4% in 2005.



The 2006-2007 SD School Height and Weight data reports a slight decrease in children who are overweight from 16.9% in the 2005-2006 school year to 16.6% in the 2006-2007 school year and from 16.9% in the 2005-2006 school year to 16.3% in the 2006-2007 school year for those obese.

South Dakota continues to be affected by three of the five leading causes of death reported in 2006, heart disease, cancer, and cerebrovascular diseases, which are greatly attributable to obesity. According to the 2006 South Dakota Vital Statistics Report, heart disease accounted for 24.8% of state resident deaths in 2006, which decreased by 0.4% from 2005.

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Parents & Caregivers



The Fit from the Start Awareness Campaign was launched in February 2007 to educate parents and caregivers about the importance of healthy eating and physical activity in 2-5 year olds. The Department of Health (DOH), partnered with the Department of Social Services (DSS) to distribute educational materials to licensed and registered child care facilities and WIC offices to promote healthy eating and physical activity. First Lady Jean Rounds helped launch the campaign and continues to support the Fit from the Start Campaign.

An Obesity Summit, "Lifestyles for Healthy Kids", was held in Sioux Falls for childcare providers, parents, and caregivers to provide information about healthy living and how to promote it in children. This one-day meeting was sponsored by the Midwest Dairy Council, American Heart Association, American Diabetes Association, the city of Sioux Falls, and the Growing Healthy Initiative.

An enhanced assessment process to improve nutrition education, Value Enhanced Nutrition Assessment, was implemented by the South Dakota WIC program.

The *Physical Activities and Healthy Snacks for Young Children* resource cards and *Policies and Best Practices for Nutrition and Physical Activity in Early Childhood Settings* policy cards were developed and adapted for South Dakota child care providers by the South Dakota Department of Education (DOE), DOH and DSS and will be distributed to Head Start and child care providers statewide.

The Department of Education implemented a Fresh Fruit and Vegetable Program and provided materials to selected schools located on the South Dakota Pine Ridge Indian Reservation.

Schools & Youth Organizations

The DOH secured \$100,000 in funds from the National Governors Association, Healthy Kids, Healthy America project, to provide funds for 17 pilot projects in schools and out-of-school time programs to increase physical activity and healthy eating through improved policy and environment.

DOE developed core standards for the high school physical education requirement.

Pathways Curriculum training on nutrition was held on the South Dakota Pine Ridge Reservation through a collaborative effort with DOE and South Dakota State University Cooperative Extension.

DSS, Action for Healthy Kids and Dairy Council provided *Re-Charge!* after-school resources on physical education and nutrition guidelines/curriculum that was implemented in 50+ programs.

DOE conducted a survey of SD schools to collect information regarding progress to the adoption of wellness policy after six months. Survey data showed over 60% of respondents used the model wellness policy as a starting point and nearly 40% adopted a majority of the model policy.

More than 240 schools submitted data on 42,000 students for the school height and weight data collection effort for the 2006-2007 school year. DOH provided schools with an additional 32 scales and measuring boards, bringing the total to 564 pieces of equipment to help with accurate data collection.



Workplace

DOH trained an additional 21 worksite wellness consultants to deliver technical assistance and resources to businesses statewide interested in implementing wellness programs. As of December 2007, over 75 worksites have established programming in their business or organization.

Through a *Healthy States* grant from the National Governors Association, mini-grants were awarded to eleven businesses implementing wellness programs to promote and support environment and policy change.



DOH created a statewide data collection system that includes an assessment of worksite wellness programs and a short survey of worksite organizational health. The components will be available on the HealthySD.gov website in early 2008.

A statewide wellness committee was formed to provide an avenue to network and share information and resources regarding worksite wellness.

DOE-Child Adult Nutrition Services provided resources to schools on School Employee Wellness.

The American Cancer Society implemented a worksite wellness program.

The American Heart Association developed a toolkit for worksite walking program.

Rapid City Regional Hospital expanded breast pumping facilities for employees.

Community

DOH provided SD Mile pins to small communities and state parks to host walks or walking clubs. In 2007, 7,000 pins were distributed.

DOH and SD State Parks provided recreation equipment for families to check out while visiting the parks to increase opportunities for physical activity and promote families playing. In 2007, equipment was checked out more than 1,800 times.

The first annual South Dakota Great Day of Play in collaboration with the South Dakota Parks and Recreation Association and SD State Parks was promoted with great success. The goal of the day was to encourage people of all ages to get outside and be physically active and attend events occurring at their local park and recreation facilities and/or state park.



Three online Healthy Challenges—Dairy, Mickelson Trail, Fruits & Vegetables—were conducted on the HealthySD.gov website.

Game, Fish & Parks developed State Park road walking maps and posted the maps online showing mileage on roads in most state parks.

The Rapid City YMCA developed a fitness center specifically for youth with appropriately sized equipment and youth-oriented staff.

Health Care

Obesity in South Dakota, A Clinical Toolkit for Healthcare Providers was distributed by partners to providers and posted on the Healthy South Dakota and SD Medical Association websites.

Pedometers and information on healthy physical activity were distributed to pregnant women by nurses in community health offices.



Electronic Health Records highlighted BMI to increase opportunities to manage health and wellness including generating tailored, take-home materials to improve physical activity and healthy eating.

A Breastfeeding Peer Counseling Program was implemented by WIC in five counties.

An infant feeding cling developed for parents of newborns is included in United Way packets to all hospitals in the Sioux Falls area.

Numerous professional continuing education opportunities and preprofessional mentoring were offered on obesity prevention, breastfeeding, fruit and vegetable intake, and physical activity.

For more information or to obtain a copy of the plan update, contact the South Dakota Department of Health at (605) 773-3737 or refer to www.healthysd.gov.

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